



- FASTER I say “no” to my kingdom and “yes” to God’s. (AIR)
- FASTER I say “no” to my current version of me and “yes” to God’s future me. (EARTH)
- FASTER I’ll say “no” to power and “yes” to influence (WATER).

## Icebreaker

On Sunday, I shared about a time when a man cursed at me for trying to tell him about Jesus. Describe a time when someone else exerted power over you.

Describe a time when you were the one exerting power over someone else.

What’s the difference between “power” and “influence?”

## The Influence of Justice (Isaiah 58)

Read Isaiah 58. Pick three lines that are most significant to you today, and share them with the group.

This chapter identifies three basic aspects of “true fasting”: providing assistance to the needy, opposing systemic forms of oppression, making weekly worship a priority. Why do you think God focuses on those three things?

On Sunday, I got awfully close to being “political” when I was talking about “systemic oppression” and my own upbringing that focused on “individual responsibility.” If your group can do so without getting overly mad at each other, what is your reaction to language like “systemic oppression” and “responsibility?”

What additional thoughts to you get from these verses:

- FASTER Isaiah 59:15-17, 61:1
- FASTER John 14:12-13, 15:8

## The Influence of Grace (Colossians 1:9-13)

Read Colossians 1:9-13. What has God done for the Colossian believers?

Read Colossians 1:3-8. How did that blessing come to the Colossians?

How did that blessing come to you? Who was your Epaphras?

## Take it Home

God’s promise of blessing is always **two-fold**.

- FASTER God’s blessing comes on the heels of people living a life that authentically honors Him—receiving His Son, offering Him worship, loving our neighbors.
- FASTER God’s blessing always comes with a responsibility to pass the blessing on.

What does this lesson mean for you, for your group, for our church this year?



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